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THE URBAN DISTRICT OF PENRITH.

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# ANNUAL REPORTS

of the

## Medical Officer of Health

and of the

## Sanitary Inspector

For the Year 1938.



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Penrith :

REED'S LTD., Printers, &c., 46 King Street.

1939.

# THE URBAN DISTRICT COUNCIL OF PENRITH.

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YEAR 1938.

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## Chairman of the Council :

Alderman J. SIMPSON YEATES, J.P.

## Chairman of the Health Committee :

Councillor W. R. HUTCHINSON.

## Chairman of the Housing Committee :

Councillor R. IRVING.

## Medical Officer of Health :

F. W. GAVIN, M.D., Ch.B. (Edin.), D.P.H. (Edin.)

## Sanitary Inspector and Surveyor :

T. F. SIMMONDS, M.I.M. & Cy.E., M.R.S.I., F.I.A.S.

## Clerk to the Council :

C. H. HUNTLEY, F.I.M.T.A., F.S.A.A., A.C.I.S.

PENRITH URBAN DISTRICT COUNCIL.

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Annual Health Report, 1938

by the

Medical Officer of Health.

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*To the Chairman and Councillors of the Urban District of Penrith.*

Mr. Chairman, Mrs. Johnson and Gentlemen,

I have pleasure in placing before you my Third Annual Report on the health of the town.

The year under review has continued the progress in matters appertaining to the town's health which was noted in my annual report for the year 1937.

The birth-rate in the town was 19.24 per 1,000 of the population as compared with the corresponding figures of 15.1 for England and Wales.

The local death rate was 13.46 as compared with 14.33 in 1937, and 11.6 for England and Wales in 1938, and it must be noted that 71% of deaths were aged 60 years or older.

The "adjusted" death rate for Penrith in 1938 is 11.71. The Infantile mortality rate for 1938 was 38.88 per 1,000 live births, as against 53.0 for England and Wales and 60 for the County of Cumberland, and this is a pleasing fact, having regard to the high birth-rate.

The year was marked by epidemics of infectious diseases: Measles in February and March closed all the infants' schools, and a small but explosive epidemic of Diphtheria in November and December accounted for the closing of one school in the town, and severely overtaxed the available isolation hospital accommodation at Fairhill hospital, especially in view of the rather high incidence of Scarlet Fever in the Penrith Rural District at that time, when the Joint Hospital Committee was faced with a serious problem. Diphtheria claimed one victim in 1938, a pre-school non-immunized child who died in July on the day after admission to the fever hospital.



The great benefit conferred by artificial immunization against Diphtheria was clearly demonstrated in the epidemic, and it can be stated that artificial immunization constitutes the only effective method for controlling Diphtheria. The details will be found later in this report.

Scarlet Fever was, however, endemic throughout the urban area during the year, and 27 patients were sent to the fever hospital suffering from this complaint.

The Sewerage improvement scheme which had been commenced early in 1937 was carried several stages nearer completion by the end of the year, and a report by your Surveyor appears within the pages of his Sanitary Report.

Housing progress has been well maintained, and several Clearance Areas have been demolished, and the re-housing of dwellers from these areas and other unfit property proceeded satisfactorily, and in this connection the erection of the last 34 houses at Raiselands Croft was completed in 1938.

The National Playing Fields' Association, in conjunction with the National Fitness Council, have made a provisional offer of a grant of 75 per cent., with a maximum of £3,000, towards the Penrith Urban Council's Scheme for acquiring and developing the Foundry Field for a recreation area—this scheme deserves the highest praise and will, I feel sure, prove to be an unqualified success.

In November, 1938, the construction of a municipal Abattoir was commenced on railway land near the Skirsgill Road, and at the time of writing the structure is nearing completion.

In conclusion, I wish to express my thanks for the courtesy and help extended to me by the Chairman of the Council, the Chairmen of the Sanitary and Housing Committees, Mr. C. H. Huntley, Clerk of the Council, and Mr. T. F. Simmonds, Surveyor and Sanitary Inspector.

I have the honour to be,

Mr. Chairman, Mrs. Johnson and Gentlemen,

Your obedient servant,

F. W. GAVIN,

*Medical Officer of Health.*

Town Hall,

Penrith,

4th July, 1939.

## GENERAL PROVISION OF HEALTH SERVICES FOR THE AREA.

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### PUBLIC HEALTH OFFICERS OF THE AUTHORITY.

#### I. (a) **Medical :—**

F. W. Gavin, M.D., Ch.B., D.P.H. (Edin.), Medical Officer of Health.

J. Sachs, M.B., Ch.B., D.P.H. (Glasg.), Medical Superintendent of Penrith Isolation Hospital.

#### (b) **Sanitary Inspector :—**

T. F. Simmonds, M.I.M. & Cy.E., M.R.S.I., F.I.A.S.

#### (c) **Veterinary Officer for Meat Inspection :—**

John Barr, M.R.C.V.S.

#### II. **Laboratory Facilities :—**

Dr. J. S. Faulds, Pathologist to the Cumberland Infirmary, Carlisle, carries out all milk and water analyses and also examines and reports on pathological specimens.

#### **Ambulance Facilities :—**

These facilities were detailed in last year's Report, and it is interesting to note that increased use has been made of the new Ambulance which was acquired by the Joint Committee in 1937.

There is a separate Infectious Diseases Ambulance kept at the Fairhill Isolation Hospital, and this serves the whole of the Penrith Urban and Rural Areas. Administration is by Joint Committee of the two Authorities, the Clerk being Mr. C. H. Huntley, Town Hall, Penrith.

#### **Public Mortuary :—**

This mortuary, which had been established in 1937 jointly with the Penrith Rural District Council, was used on two separate occasions in 1938 when 3 bodies were admitted.

The mortuary has proved to be efficient in use.

The arrangements for Nursing in the Home and for Treatment Centres and Clinics are unchanged. The only voluntary hospital, the Penrith Cottage Hospital, remains as detailed in past reports.

On 21/6/1939 an order was received from the Ministry of Health creating a new Joint Board for the Penrith Urban District, the Keswick Urban District, and the Penrith Rural District with effect as from the 1st October, 1939, for the provision of isolation hospital accommodation in these districts.

#### Diphtheria Antitoxin :—

Arrangements were made for a supply of Diphtheria Antitoxin to be available at the Penrith Town Hall, and which is supplied free of charge to general practitioners for necessitous cases of suspected diphtheria.

### STATISTICS AND SOCIAL CONDITIONS OF THE AREA.

Area (in acres) ... ..	7,586
Registrar-General's Estimate of Resident Population, mid 1938 ... ..	9,357
Number of Inhabited Houses ... ..	2,775
Rateable Value ... ..	£61,813
Penny Rate ... ..	£248 2s. 4d.
Live Births—	Male. Female. Total.
Legitimate ... ..	85 85 170
Illegitimate ... ..	7 3 10
	—
	180
Birth Rate per 1,000 of population—19.24.	—
Still Births—	Male. Female. Total.
Legitimate ... ..	4 3 7
Illegitimate ... ..	— 1 1
	—
	8
Rate per 1,000 total (live and still) births—42.55.	—
	Male. Female. Total.
Deaths ... ..	67 59 126
Death Rate per 1,000 of population—13.46	—
Deaths from Puerperal causes ... ..	Nil
Death Rate of Infants under 1 year—	
All Infants per 1,000 live births ... ..	38.88
Legitimate Infants per 1,000 live births ... ..	38.88
Illegitimate Infants per 1,000 Illegitimate live births	Nil
Deaths from Cancer (all ages) ... ..	19
Deaths from Measles (all ages) ... ..	Nil
Deaths from Whooping Cough ... ..	2
Deaths from Diarrhoea (under two years of age) ... ..	2



**VITAL STATISTICS.**  
**Year ended 31st December, 1938.**

	Birth Rate.	Crude Death Rate.	Adjusted Death Rate.	Infantile Mortality Rate.
Administrative County of Cumberland	15.9	13.5	13.0	60
Urban Districts of Cumberland (including Boroughs of Workington and Whitehaven).	16.8	13.5	13.6	54
Rural Districts of Cumberland	15.2	13.6	12.4	64
England and Wales	15.1	11.6	—	53
<del>Rural</del> <sup>Urban</sup> District of Penrith	19.24	13.7	11.71	38.88

The comparability factor supplied by the Registrar-General for the Penrith Urban District is 0.87 for 1938, and after multiplying the death rate (corrected for inward and outward transferable deaths) by this factor gives the *standardised or adjusted death rate* as 11.71.

The social conditions of the town are similar to those noted in previous reports.

Penrith is an old market town in the centre of a large agricultural and residential area within close distance of the Eden Valley.

Penrith is also a holiday resort of considerable importance owing to its proximity to Ullswater and the Lake District mountains.

The average height above sea level is 500 feet, the Penrith Beacon having an elevation of 937 feet above O.D.

The industries include railway work, a brewery, large bus garage, hotel employment and the work of the Auction Mart, etc.

There is seasonal unemployment especially in the building, hotel and bus trades.

## UNEMPLOYMENT.

The following are the figures showing the number of unemployed in Penrith Urban District :—

January, 1938.				December, 1938.			
Men	...	...	225	Men	...	...	323
Boys	...	...	11	Boys	...	...	6
Women	...	...	50	Women	...	...	63
Girls	...	...	27	Girls	...	...	14
			<hr/>				<hr/>
Total	...		313	Total	...		406
			<hr/>				<hr/>

It is disturbing to note a considerable increase in unemployment during the year, and this can be attributed to the general trade recession in 1938.

There are no forms of employment carried on in this district which have a detrimental effect on the health of the inhabitants.

## REGISTER OF RAINFALL IN 1938.

Recorded at Town Hall, Penrith.

				Days with		Days with	
Total.				.01 in. or more.		.04 in. or more.	
January	..	..	4.368	..	23	..	16
February	..	..	.995	..	8	..	6
March	..	..	1.015	..	10	..	8
April	..	..	.420	..	3	..	2
May	..	..	1.990	..	13	..	10
June	..	..	3.565	..	16	..	13
July	..	..	3.545	..	15	..	11
August	..	..	2.190	..	16	..	12
September	..	..	1.780	..	15	..	12
October	..	..	8.300	..	25	..	22
November	..	..	6.390	..	20	..	19
December	..	..	2.740	..	18	..	14
			<hr/>				
Year's Total	..		37.298	..	182	..	145
			<hr/>				

The total rainfall in Penrith during the year 1938 was 37.298 inches compared with 27.965 inches during 1937, a difference of 9.333 inches.

The year 1938 had several very wet months, October easily holding the record amount with 8.300 inches of rain.

The four months February to May inclusive were very dry, and actually had only 4.420 inches of rain in the period.

The Summer months were rather wet and compare unfavourably with the records for 1937.

The wettest day was November 12th with 1.45 inches of rain, and 3rd October had 1.30 inches, and 25th July with 1.25 inches, 14th January with 0.80 inches, and 28th June with 0.74 inches.

Heavy snowfalls occurred about 19th December.

## SANITARY CIRCUMSTANCES OF THE AREA.

### 1. (i) Water.

A copy of a report from the Pathologist at the Cumberland Pathological Laboratory on a specimen of water from the Hayes-water Filter House taken on the 8th November, 1938, is as follows :—

Water—Penrith.

#### BACTERIOLOGY.

Agar plate count.	0.1 ml. colonies	1 ml. colonies	10 ml. colonies
At 22°C.	—	3	26
At 37°C.	—	1	7

Probable number of coli-aerogenes present in 100 ml.—B. coli-aerogenes absent.

#### CHEMISTRY.

Appearance in a 2 ft. tube—The water is practically free from colour or turbidity.

p.H. 7.0.

						Parts per 100,000
Free and Saline Ammonia	..	..	..	..	..	Nil
Albuminoid Ammonia	..	..	..	..	..	0.0052
Oxygen absorbed from permanganate at 27°C. in 15 minutes	..	..	..	..	..	0.024
Oxygen absorbed from permanganate at 27° in 4 hours	..	..	..	..	..	0.036
Total Solids	..	..	..	..	..	2.9
Suspended matter	..	..	..	..	..	Nil
Hardness—Total	..	..	..	..	..	1.5
Hardness—Permanent	..	..	..	..	..	1.4
Hardness—Temporary	..	..	..	..	..	0.1
Chlorine present as Chlorides	..	..	..	..	..	0.55
Heavy metals	..	..	..	..	..	Nil

Opinion :—An excellent water for public supply.

Date : 8th November, 1938.

The average amount of water used in Penrith is about 45 gallons per head of the population per diem—this compares with the City of Carlisle where 44.76 gallons per head per day were used in 1936 and 42.31 gallons in 1937 (*vide* Annual Report M.O.H, City of Carlisle).

During the year samples of water were taken from certain wells supplying Cottages in the outlying parts of the area with the following results :—

(i) Report on Crabtree Cottages.

Shallow Well at Crabtree Cottages—Water.

	O.1 c.c. colonies	1 c.c. colonies	10 c.c. colonies
At 22 °C.	180	1570	uncountable.
At 37 °C.	62	466	„

Probable number of coli-aerogenes organisms present per 100 c.c. of original water is 8 and are faecal in origin, ie., Methyl Red, positive; Voges Proskauer, negative.

p.H. 7.5.

	Parts per 100,000				
Free and Saline Ammonia .. .. .	..	..	..	..	0.0006
Albuminoid Ammonia .. .. .	..	..	..	..	0.0126
Oxygen absorbed from permanganate at 27 °C. in 15 minutes .. .. .	..	..	..	..	0.0228
Oxygen absorbed from permanganate at 27 °C. in 4 hours .. .. .	..	..	..	..	0.0404
Total Solids .. .. .	..	..	..	..	55.6
Suspended matter .. .. .	..	..	..	..	Nil
Hardness—Total .. .. .	..	..	..	..	30.0
Hardness—Permanent .. .. .	..	..	..	..	19.5
Hardness—Temporary .. .. .	..	..	..	..	10.5
Chlorine present as Chlorides .. .. .	..	..	..	..	2.45
Heavy metals .. .. .	..	..	..	..	Nil

The water is clear, almost colourless and odourless.

This water has been contaminated too much with organic matter to be fit for drinking and its excessive hardness makes it unsuitable for washing purposes.

Date : 23rd April, 1938.

(Signed) LESLIE H. EASSON,  
Assistant Pathologist.

(ii) Report on Kitchen Hill Cottages.

Water Sample—Kitchen Hill Cottages.

Agar plate count.

	O.1. c.c. colonies	1 c.c. colonies	10 c.c. colonies
At 22 °C.	70	618	uncountable
At 37 °C.	3	37	294

Probable number of coli-aerogenes organisms per 100 c.c. of water (faecal type)—13.

p.H. 7.6.

	Parts per 100,000				
Albuminoid Ammonia .. .. .	..	..	..	..	0.0038
Free and Saline Ammonia .. .. .	..	..	..	..	Nil
Total Solids .. .. .	..	..	..	..	25.8
Suspended matter .. .. .	..	..	..	..	0.2



	Parts per 100,000
Oxygen absorbed from permanganate at 27 °C. in 15 minutes .. .. .	0.0056
Oxygen absorbed from permanganate at 27 °C. in 4 hours .. .. .	0.0274
Total hardness .. .. .	13.5
Permanent hardness .. .. .	7.2
Temporary hardness .. .. .	6.3
Chlorine present as Chlorides .. .. .	1.6
Heavy metals .. .. .	Nil

Appearance—Slightly coloured and not quite clear.

The solids in suspension appear to consist mainly of sand and precipitated iron together with some vegetable matter.

The water is of doubtful value for drinking purposes.

Date : 23rd February, 1938.

### (iii) Report on Fowlersike.

#### EXAMINATION OF WATER.

Time and place of sample taken. Farm—Fowlersike, Penrith, 21/11/38.

#### BACTERIOLOGY.

Agar plate count.	O.1 ml. colonies	1 ml. colonies	10 ml. colonies
At 22 °C.	304	uncountable	uncountable
At 37 °C.	167	1,800	do.

Probable number of coli-aerogenes present in 100 ml.—180 plus and are faecal in origin, i.e., Methyl Red, positive.

Voges Proskauer, negative.

#### CHEMISTRY.

Appearance in a 2 ft. tube—The water has considerable colour and turbidity.

p.H. 7.3.

	Parts per 100,000
Free and Saline Ammonia .. .. .	0.0018
Albuminoid Ammonia .. .. .	0.0314
Oxygen absorbed from permanganate at 27 °C. in 15 minutes .. .. .	0.086
Oxygen absorbed from permanganate at 27 °C. in 4 hours .. .. .	0.198
Total Solids .. .. .	67.7
Suspended matter .. .. .	0.8
Hardness—Total .. .. .	46.00
Hardness—Permanent .. .. .	22.00
Hardness—Temporary .. .. .	24.00
Chlorine present as Chlorides .. .. .	5.18
Heavy metals .. .. .	Nil

Opinion :—

The chemical examination reveals an excessively hard water polluted with animal matter.

Bacteriologically, this is confirmed and this water is quite unfit for any domestic purposes.

(Signed) LESLIE H. EASSON,  
Chemist,

In addition a sample of water was taken from Hutton Spout on Benson Row :—

#### EXAMINATION OF WATER.

Time and place of sample taken—Hutton Spout, Benson Row, Penrith.

##### BACTERIOLOGY.

Agar plate count.	O.1 ml. colonies	1 ml. colonies	10 ml. colonies
At 22°C.	uncountable	uncountable	uncountable
At 37°C.	1720	do.	do.

Probable number of coli-aerogenes present in 100 ml.—180 plus and are faecal in origin, i.e., Methyl Red, positive., Voges Proskauer—negative.

##### CHEMISTRY.

Appearance in a 2 ft. tube—Yellowish and extremely turbid.

p.H. 6.8.

	Parts per 100,000					
Free and Saline Ammonia .. .. .	..	..	..	..	..	0.1030
Albuminoid Ammonia .. .. .	..	..	..	..	..	0.0610
Oxygen absorbed from permanganate at 27°C. in 15 minutes .. .. .	..	..	..	..	..	0.290
Oxygen absorbed from permanganate at 27°C. in 4 hours .. .. .	..	..	..	..	..	0.576
Total Solids .. .. .	..	..	..	..	..	21.2
Suspended matter .. .. .	..	..	..	..	..	2.3
Hardness—Total .. .. .	..	..	..	..	..	11.0
Hardness—Permanent .. .. .	..	..	..	..	..	7.2
Hardness—Temporary .. .. .	..	..	..	..	..	3.8
Chlorine present as Chlorides .. .. .	..	..	..	..	..	1.85
Heavy metals .. .. .	..	..	..	..	..	Nil

Opinion :—

A very foul water indeed, quite unsuitable for human consumption.

(Signed) LESLIE H. EASSON,

Chemist.

In view of this report immediate steps were taken to have the trough sealed up. This was done by the Surveyor who fitted a flagstone over the trough and round the pipe, thus preventing public access to the supply.

#### (ii) Drainage and Sewerage.

See Special Report by the Surveyor.

D.W.F. at the Whinfell Sewage Works is 375,000 gallons per day.

#### 2. Rivers and Streams.

*Vide Supra.*

### 3. Closet Accommodation.

Number of conversions from Conservancy Systems to				
Water Carriage Systems	...	...	...	3
Number of Closets remaining :—Pail Closets	...	...	...	1
Privies	...	...	...	5
Cesspools	...	...	...	7

The Sanitary Inspector's Report covers other details regarding the work of the Sanitary department.

### 4. Schools.

The sanitary condition and water supply of Schools in the town have been inspected and found to be satisfactory except for (a) Trough Closets at St. Catherine's School ; and (b) Lack of Teachers' Closet accommodation at Brunswick Road Infants' School, and where accommodation at Brunswick Road Girls' School has to be used.

CLOSURE OF SCHOOLS owing to Infectious Diseases were :—

Penrith National Infants' School from 3/2/1938 to 25/2/1938 for Measles.

Penrith Council Infants' School from 14/2/1938 to 11/3/1938 for Measles.

Penrith Robinson's Infants' School from 28/2/1938 to 25/3/1938 for Measles.

Penrith R.C. St. Catherine's School from 10/3/1938 to 25/3/1938 for Measles.

Penrith National Boys' School from 28/11/1938 to 5/12/1938 for Diphtheria.

## HOUSING.

For Statistics, see Sanitary Inspector's Report, pages 32 to 39.

### Clearance Areas.

Orders dated 5/5/1938 were made by the Minister of Health confirming two Clearance Areas declared by the Penrith Urban District Council on 16/6/1937 under Section 25 of the Housing Act, 1936, and in respect of Thompson Yard Clearance Area owing to objection by the owners, a local inquiry was held on 30th November, 1937.

With regard to Cross Lane Clearance Area, no objection was lodged by the owner.

### Demolition.

The following areas were demolished during 1938 :—

- |  |   |   |
|--|---|---|
| (i) CROSS LANE, Scheduled in 1937 ( <i>vide supra</i> ). 6 dwelling houses and 2 outbuildings.<br>(ii) BOWMAN'S YARD, Scheduled on 18/4/1935. 3 dwelling houses. | } | Order confirming Clearance Order under Part I. Housing Act, 1930. |
|--|---|---|

## INSPECTION AND SUPERVISION OF FOOD.

### (a) Milk Supply.

#### ANALYSIS OF MILK SAMPLES TAKEN DURING 1938.

Grade of Milk—

	Satisfactory.		Unsatisfactory.		Bad.		Total.
T.T....	...	2	...	8	...	2	12
Accredited ...	—		...	1	...	2	3
Ungraded ...	3		...	3	...	2	8

The above samples were taken mainly during the period June—August, and it will be observed that it was difficult for highly graded milks to pass the Methylene Blue test during the summer months.

### Milk in Schools.

Tuberculin Tested (Certified) milk is supplied to all the Elementary Schools in the town and also to the Queen Elizabeth Grammar School, under the milk in schools' scheme of the milk marketing board.

This supply is satisfactory.



## (b) Meat and Other Foods :—

## CARCASSES INSPECTED AND CONDEMNED.

	Beasts.	Cows.	Calves.	Sheep and Lambs.	Pigs.
Number killed .. ..	Figures not known.				
Number inspected .. ..	1,465	25	82	12,693	1,119
<i>All diseases except Tuberculosis—</i>					
Whole Carcases condemned ..	1	4	1	12	4
Carcases of which some part or organ was condemned..	2	1	Nil	Nil	Nil
Percentage of the number in- spected affected with disease other than tuberculosis ..	0.20%	20%	1.21%	0.09%	0.35%
<i>Tuberculosis only—</i>					
Whole Carcases condemned..	8	4	1	Nil	Nil
Carcases of which some part or organ was condemned..	Nil	Nil	Nil	Nil	Nil
Percentage of the number in- spected affected with tuber- culosis .. ..	0.54%	16%	1.21%	Nil	Nil

Total Visits paid by Veterinary Officer to Slaughterhouses—714.

## CARCASSES EXAMINED BY VETERINARY SURGEON.

## AUCTION MART SLAUGHTERHOUSES.

			Beasts.	Sheep.	Calves.	Pigs.	Total.
1st quarter	..	..	199	744	2	298	1243
2nd quarter	..	..	232	1065	26	146	1469
3rd quarter	..	..	246	1310	30	149	1735
4th quarter	..	..	210	796	1	306	1313
Yearly Total	..		887	3915	59	899	5760

## CO-OPERATIVE SLAUGHTERHOUSE.

			Beasts.	Sheep.	Calves.	Pigs.	Total.
1st quarter	..	..	140	273	—	54	467
2nd quarter	..	..	144	466	1	43	654
3rd quarter	..	..	152	680	2	26	860
4th quarter	..	..	142	429	3	96	670
Yearly Total	..		578	1848	6	219	2651

## FRENCHFIELD SLAUGHTERHOUSE.

			Beasts.	Sheep.	Calves.	Pigs.	Total.
1st quarter	..	..	6	111	5	1	123
2nd quarter	..	..	5	9	6	—	20
3rd quarter	..	..	5	1081	1	—	1087
4th quarter	..	..	9	5729	5	—	5743
Yearly Total	..		25	6930	17	1	6973

**Penrith's Municipal Slaughterhouse.**

In my annual report for 1937, notes were given regarding the site and also certain important points in the management of a public abattoir, and it was noted that the provision of a municipal slaughterhouse is undertaken as a public health measure rather than as a commercial venture.

Final plans for this abattoir having been approved by the Council and by the Ministry of Health, the construction was commenced in November, 1938, by Messrs. Atkinson of Penrith.

It is hoped to supply details in next year's report, and at the time of writing the structure is approaching completion.

**(d) Chemical and Bacteriological Examination of Food :—**

Is undertaken by the Pathologist, Dr. J. Steven Faulds, at the Pathological Laboratories of the Cumberland Infirmary.

**(e) Nutrition :—**

All Schools in the town are taking part in the milk-in-schools' scheme of the Milk Marketing Board, and every encouragement is given for parents to avail themselves of this excellent scheme.

The following tables show the percentage of the various degrees of nutrition as found during the course of school medical inspection in 1938 :—

**PENRITH URBAN DISTRICT ELEMENTARY SCHOOLS,  
NUTRITION.**

	Number of Children examined	Very Good	Per Cent.	Good	Per Cent.	Sub- normal	Per Cent.	Malnu- trition
Entrants	127	31	24·5	87	68·5%	9	7%	Nil
2nd Age Group (Intermediates)	127	28	22	84	66	15	12	Nil
3rd Age Group (Leavers)	135	38	28	79	59	18	13	Nil

**PENRITH GRAMMAR SCHOOL INCLUDING  
PREPARATORY SCHOOL.**

	Number of Children examined	Very Good	Per Cent.	Good	Per Cent.	Sub- normal	Per Cent.	Malnu- trition
Entrants	50	17	34	30	60	3	6	Nil
15 Years Old Group	31	15	48·5	15	48·5	1	3	Nil

**RATS AND MICE DESTRUCTION.**

National Rat Week was held from 7th to 12th November, 1938, and posters prepared by the Clerk of the Cumberland County Council were located on notice boards calling the attention of the public to this very important matter. By arrangement with the County Council, supplies of rat poison are kept in the Surveyor's Department at the Town Hall, Penrith, and are available for distribution free of charge to owners or occupiers of premises infested by rats and/or mice. Sewer man-holes and the refuse tip were successfully baited during rat week, over 1,000 rats being destroyed at the refuse tip.

## PREVALENCE OF, AND CONTROL OVER, INFECTIOUS AND OTHER DISEASES.

**General.**—Infectious Diseases were more prevalent during 1938 than in 1937, and once again Scarlet Fever and Primary Pneumonia headed the list. One death was caused by Diphtheria in a non-immunized pre-school age child—the other two deaths were due to Pneumonia.

A Summary of the Notifiable Diseases (excluding Tuberculosis) is as follows:—

NOTIFIABLE DISEASES (except Tuberculosis).															
Diseases.	AGES.												TOTAL.	Admitted to Isolation Hospital	Deaths.
	-1	1-	2-	3-	4-	5-	10-	15-	20-	35-	45-	65-			
Smallpox ...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...
Scarlet Fever ...	...	1	1	2	2	18	3	...	3	...	...	...	27	...	...
Diphtheria ...	...	...	...	1	2	10	3	1	2	...	...	...	19	1	...
Enteric Fever (including Paratyphoid)	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...
Puerperal Pyrexia...	...	...	...	...	...	...	...	...	2	1	...	...	3	...	...
Pneumonia ...	...	1	5	2	4	3	...	5	2	1	1	1	25	...	2
Erysipelas ...	1	...	...	...	...	...	...	...	1	1	3	5	11	...	...
Ophthalmia Neonatorum...	1	...	...	...	...	...	...	...	...	...	...	...	1	...	...
Cerebro-spinal Fever ...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...
Acute Anterior Poliomyelitis...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...
													89	46	3
												Totals			

NOTIFIABLE DISEASES (except Tuberculosis).



**Scarlet Fever.**—This disease was more troublesome than in 1937, and cases occurred during every month of the year except February.

Notifications involved 21 school children attending 6 different schools in the town, and there were 6 cases among pre-school age children.

Three cases were adults, and all cases were widely scattered throughout the district.

No "return cases" of Scarlet Fever were discovered during the year.

A "return case" may be defined as "a case occurring in the same house, or elsewhere, and apparently traceable to the person released within a period of not less than twenty-four hours, or not more than twenty-eight days, after his return or release from isolation."

The disease is spread in most cases by direct contact with a person in the acute stage or suffering from chronic nasal or ear discharge. Missed cases of a mild type of the disease, *i.e.*, "Sub-clinical Scarlet Fever," are often responsible for infecting others.

In Penrith there was no question of any milk or other foodstuff causing infection, and in my opinion the "immune carrier" must be blamed for much of the trouble.

Professor Dick of Chicago writes that "One attack of Scarlet Fever usually confers lasting immunity," and this is of considerable interest, as once a patient has recovered from a definite attack he is unlikely to suffer again from the same disease. Twenty-seven cases were treated in the Fairhill Isolation Hospital and there were no deaths.

**Pneumonia.**—25 cases were notified and there were two deaths in January, one aged 24 years, the other aged 88 years. Pneumonia, secondary to another disease, *e.g.*, Measles, Whooping Cough, etc., is not notifiable.

**Puerperal Pyrexia.**—One of the three cases notified was really a case of Bronchitis occurring in a woman when in the puerperal condition.

All cases made a good recovery.

**Erysipelas.**—One case occurred in a baby, and of the other 10, eight were over 45 years of age.

It is curious that Erysipelas should have been so common in 1938, and it is to be noted that no cases occurred during the period June—August inclusive. Scarlet Fever was, as noted above, common in 1938.

It would appear that Erysipelas is a disease which tends to recur, and in this connection Professor Dick of Chicago states that “this may be explained by the comparatively weak toxins produced by the Erysipelas streptococcus which do not suffice to immunize, and that contact with Erysipelas does not cause attacks of Scarlet Fever.”

For some reason or other, possibly climatic, streptococcal infection was definitely endemic in 1938, and it must be remembered that 1938 was also a “measles year.”

Erysipelas is hardly “infectious” in the ordinary sense, but rather “contagious,” and isolation can usually be very well carried out in the patient’s own home.

There were no deaths, and no cases were removed to Fairhill Isolation Hospital.

**Ophthalmia Neonatorum.**—Only one case was recorded during the year under review, and the baby made a satisfactory recovery.

It is satisfactory to note that no cases of Enteric Fever (including Paratyphoid), Smallpox, Acute Anterior Poliomyelitis or Cerebro-Spinal Fever, occurred during 1938.

**Measles Epidemic.**—This disease is not notifiable locally, and a widespread epidemic reached the town towards the end of the month of January, 1938, the infection apparently coming from Carlisle.

On the 27th January, 1938, I reported to the Highways and Sanitary Committee as follows :—

TOWN HALL,

PENRITH,

27th January, 1938.

*The Chairman and Members of the  
Highways and Sanitary Committee.*

Gentlemen,

## MEASLES.

This disease is responsible for considerable mortality among young children, and much disability due to neglected complications, but it is not one of the notifiable infectious diseases.

Owing to the fact that it is most infectious during the four days before the appearance of the typical rash, compulsory notification—where it has been tried—has not been found to be of much help in affecting the prevalence of the disease. In fact it is generally agreed that there is no known means of preventing outbreaks of measles or of limiting its spread once it has begun.

There are cases where the home conditions are quite unsuitable for the care, isolation and treatment of children suffering from the disease, and for such cases hospital accommodation should be available. This question has been discussed with Dr. J. Sachs, the Medical Superintendent of the Penrith Isolation Hospital, and it is suggested that one of the diphtheria wards might be set aside for the admission of measles cases complicated by say, broncho-pneumonia, always provided that the age of these children does not exceed 8 years. The success of this proposed temporary arrangement depends upon circumstances which, so far as available accommodation at the hospital is concerned, are satisfactory at the moment, as just five convalescent scarlet-fever cases are in the hospital.

I am, Gentlemen,

Your obedient servant,

(Sgd.) F. W. GAVIN,

Medical Officer of Health.

One child, aged 2 years, was admitted to the Fairhill Isolation Hospital suffering from Measles with the very dangerous complication of Broncho-pneumonia, and made an excellent recovery.

All three Infants' Schools, together with St. Catherine's School, were closed on account of the epidemic for varying periods during February and/or March. With the sanction of the Council a leaflet was prepared giving parents "Advice regarding Measles," and a copy was distributed to every household in the town.



## MEASLES.

Measles is an extremely infectious disease and causes a large number of deaths every year among young children.

When it attacks infants, roughly one patient in five dies of measles or its complications, and among those who survive there is a devastating amount of disability and invalidity in after life traceable to undetected or neglected complications arising from this disease.

**Medical Attendance.**

It is very important that parents should call in the family doctor without delay in all cases, however mild they may appear at first. When financial circumstances are such that parents cannot afford to pay for a private doctor, the services of the District Medical Officer are available on application being made to the Relieving Officer (Mr. R. Salkeld, at the Mansion House, Penrith).

There is therefore no reason why parents in poor financial circumstances should not take full advantage of existing facilities for expert medical attention on behalf of their children.

**Early Signs.**

These are similar to those of a severe cold, viz., inflamed watery eyes, a flushed face, running from nose, sneezing and a cough. The rash usually appears four days after these symptoms commence.

**Mode of Spread.**

The disease is spread mainly before the rash appears, and by coughing or sneezing a patient may infect others within a radius of nine feet, *i.e.* "droplet" infection.

All discharges from the nose, mouth or eyes must be regarded as highly infectious.

**Isolation.**

Other members of the family, especially young children, must be kept from coming into contact with the infectious patient. No neighbour's or friend's children should be admitted to the house. The usual period of isolation in uncomplicated cases of measles is three weeks.

**Home Nursing of the Patient.**

The patient should be put to bed in a warm well ventilated room, plenty of fresh air is essential but draughts playing directly on the patient are to be avoided. It is most important that light does not strike directly on the eyes of the child. All eating, drinking and washing utensils used by the patient should be kept separate and boiled after being used.

Secretions from the mouth and nose should be collected in clean strips of linen or soft paper and burned. The child's eyes should be bathed with boracic lotion every night and morning. Boiling is the best method of disinfecting dirty linen and underclothing, *of which none must be sent to a public laundry or mixed with general household washing.*



### **Cleaning and Disinfection.**

In the case of feeding utensils, bed linen, underclothing, handkerchiefs, etc., the best known form of disinfection is thorough washing in soap and water, boiling in water for twenty minutes and then exposure to fresh air and sunshine.

Thorough spring cleaning and airing is the ideal form of disinfection of premises. Remember that fresh air and sunshine are nature's disinfecting agents, so open windows widely both top and bottom for as long as possible.

### **Attendance at School and Other Places.**

The regulations of the Cumberland County Education Committee require that a school child suffering from measles shall be excluded for a period of three weeks from the date of the appearance of the rash, and as regards contacts, infants and other children who have not had the disease shall be excluded for three weeks from the date of onset of last case in the house.

These rules should apply also to the attendance of children at churches, sunday schools, public meetings, places of entertainment, etc., in fact, the law provides a heavy penalty in cases where children and persons suffering from any dangerous infectious disorder are allowed to mix with other persons.

F. W. GAVIN, M.D., D.P.H.,

Medical Officer of Health.

**Whooping Cough.**—This also is not a notifiable disease locally, and it is unfortunate to have to record two deaths (male twins), aged 1 year, from Whooping Cough complicated by Bronchopneumonia.

It is desirable that Isolation Hospital accommodation should be available for such complicated or severe cases as well as for similarly severe Measles patients.

**Diphtheria.**—Nineteen cases were notified during the year 1938 as compared with nine cases in 1937.

The first case, notified on 18/6/1938, was a non-immunized woman aged 30 years, who suffered from a moderate attack and was discharged from Isolation Hospital on 30/7/1938; it is interesting to note that her children who had been immunized did not contract the infection.

The second case to occur in the town was a non-immunized boy aged 3 years, who was notified on 15/7/1938, when he was admitted to the Isolation Hospital, and he died the next day—a case of Hæmorrhagic Diphtheria.

The town remained clear of the disease until the 15/11/1938 when two cases were notified, the first a woman aged 23 years employed at a laundry, also non-immunized. She was a severe case and was not discharged from Isolation Hospital until 5/1/1939 ; the second case was a boy aged 9 years attending the Boys' National School, and he was the first of 10 boys notified as Diphtheria at the above School. This School was visited on several occasions and classroom contacts examined, and on the 24/11/1938 the School was disinfected and sealed for 13 hours and pens and pencils were destroyed. Another visit was made on 25/11/1938 when it was decided to swab 100 boys who were classroom contacts. These boys were swabbed, nose and throat, and the result was as follows :— " X " and " Y ". These two boys had doubtful positive swabs and arrangements were made to re-swab them. " Z " was positive and had been admitted to Fairhill Isolation Hospital on 27/11/1938 as a case of clinical Diphtheria. " X " who lived in the country was found to be fit and well and had a clean nose and normal throat, but " Y " was in poor health, with nasal catarrh and a history of two weeks absence from School during the first fortnight in November—he was said to have had a sore throat and swollen neck glands but no doctor had been called in.

Negative results were obtained from re-swabbing these boys " X " and " Y ", and it is of some interest to note that " Y " developed severe clinical Diphtheria on 2/6/1939, an isolated case. His parents had refused immunization !

All the other swabs were negative.

This School was closed after consultation with the School Medical Officer, Dr. Kenneth Fraser, from 28/11/1938 to 6/12/1938. 26 further swabs of contacts at this School taken on 16/12/1938 were all negative.

The results of swabbing were not very helpful in this epidemic, and tend to confirm my suspicions of this procedure—as a method to obtain " carriers ", *i.e.* the " immune carrier," it is, I think, of doubtful value and perhaps is little better than attempting to diagnose Diphtheria by the swab result alone—however, Diphtheria can only be successfully diagnosed on *clinical* evidence.

On the other hand, one of the cases was found by me during a " march past " of the children, and another case was brought forward for special examination by the Head Teacher of the School concerned.

The epidemic also involved 2 children, both aged 5 years, and non-immunized, at Robinson's Infants' School.

The other Infants' Schools in the town remained free from any notifications of Diphtheria, and this fact demonstrates, in my opinion, the great value of three immunizing injections of T.A.F.

During the epidemic seven cases were notified among children who had received 2 ccms. T.A.F., but no case occurred where 3 ccms. T.A.F. had been completed, and, as a large percentage of the children attending the Infants' Schools had completed the full course of three injections, the excellent record of these Schools as regards this epidemic can be appreciated. Further, it is essential to point out that all the seven cases noted above, where 2 ccms. T.A.F. had been given, were of a very mild type as recorded in the quarterly report of Dr. J. Sachs, the Medical Superintendent of the Isolation Hospital to the Penrith Infectious Hospitals Joint Committee Meeting on 3/1/1939.

Home spread occurred in two cases and involved a brother or sister, in each case non-immunized, contracting infection 7 days and 12 days respectively after the primary case had been removed to Hospital.

Two cases occurred in pre-School age children, both non-immunized, and both aged 4 years, one of whom was a severe type of Diphtheria.

Two girls, both aged 8 years, were very mild—one attending the Girls' National School, and the other at Penrith Girls' Council School, and it is pleasing to record that these cases were the only notifications in these Schools during the epidemic.

The figures during the past five years are as follows :—

Diphtheria Cases.							Deaths.
1934	...	...	...	23	...	...	Nil
1935	...	...	...	33	...	...	2
1936	...	...	...	23	...	...	1
1937	...	...	...	9	...	...	Nil
1938	...	...	...	19	...	...	1

Thus it will be seen that 4 lives have been lost during these five years, and all four could undoubtedly have been saved by immunization.



**Artificial Immunization against Diphtheria.**—The work was continued during 1938, and the figures are as follows :—

DIPHTHERIA—PREVENTIVE INOCULATION.

Number of Children attending Schools in the District who have received a 3rd injection of T.A.F. during 1938 :—

School.	Total.
Penrith Girls' National .. .. .	91
Penrith National Infants .. .. .	60
Robinson's Infants .. .. .	23
Penrith St. Catherine's .. .. .	35
Penrith Girls' Council .. .. .	288
Penrith Boys' Council .. .. .	220
Penrith Council Infants .. .. .	142
Penrith Boys' National .. .. .	103
Penrith Grammar School .. .. .	8
Penrith Grammar School Preparatory .. .. .	4
Total ..	974

The cost of this work is considerable, but insignificant when compared with that of a case of Diphtheria of average severity treated at the Isolation Hospital ; approximately 80 children can be immunized for the cost of one case of average Diphtheria admitted to the Hospital.

Thanks are due again to the County Medical Officer of Health for securing the assistance of the Education Authorities and for the valuable services of the County Health Visitor.

Thanks are also due to the Head Teachers, especially for their ready help and encouragement, without which the Scheme could not have been carried out.

**Isolation Hospital Accommodation.**—47 cases admitted : 27 Scarlet Fever, 1 Measles, and 19 Diphtheria, during the year from the Penrith Urban District, and in the months of November and December much anxiety was caused owing to heavy pressure on the Hospital's available accommodation.

It is absolutely essential that overcrowding of patients must *not* be allowed in an Isolation Hospital.



Owing to the widespread incidence of Scarlet Fever in the Penrith Rural District during the latter months of the year, and the epidemic in the Urban Area, additional staff had to be employed at the Hospital, but fortunately the emergency was surmounted. It is, however, a serious warning should the local child population ever be increased in the future, and it must be remembered that our Isolation Hospital will serve the Keswick Urban Area in addition to the Penrith Urban and Rural Districts.

### CANCER.

Cancer of Buccal Cavity :—M. 46.

- „ Stomach, Liver, etc. :—M. 64, F. 69, F. 78, M. 68, M. 49.
- „ Peritoneum, Intestine and Rectum :—F. 72, M. 73, M. 56,  
F. 82, F. 74, F. 67.
- „ Female Genital Organs :—F. 51.
- „ the Breast :—F. 73, F. 55.
- „ the Lung :—Nil.
- „ the Skin :—M. 58.
- „ Prostate :—M. 75.
- „ Oesophagus :—M. 50, M. 68.

There were 19 deaths, 1 more than last year, from malignant disease ; only 1 death was under the age of 50 years, viz. 49 years, and 13 were over the age of 60 years.

### PREVENTION OF BLINDNESS.

No case has arisen where it was necessary to take action under Section 176 of the 1936 Public Health Act for preventing Blindness, or for the treatment of persons who are suffering from any disease of, or injury to, the eyes.

## TUBERCULOSIS.

No action has been necessary in respect to Tuberculosis among persons employed in the milk trade or under Section 172 of the Public Health Act, 1936, relating to the compulsory removal to Hospital of persons suffering from Tuberculosis.

### TUBERCULOSIS CASES.

AGES.	New Cases.				Deaths.			
	Respiratory		Non-Respir.		Respiratory		Non-Respir.	
	M	F	M	F	M	F	M	F
To One year .. ...	—	—	—	—	—	—	—	—
1 to 5 years ... ..	—	—	—	—	—	—	—	—
5 to 15 „ ... ..	—	—	—	—	—	—	—	—
15 to 25 „ .. ..	—	1	—	—	—	—	—	—
25 to 35 „ .. ..	1	1	—	1	—	1	—	—
35 to 45 „ ... ..	1	—	1	—	1	1	1	—
45 to 55 „ ... ..	1	—	—	—	2	—	—	—
55 to 65 „ ... ..	—	—	—	—	—	1	—	—
65 and upwards ... ..	—	—	—	—	—	—	—	—
TOTALS ... ..	3	2	1	1	3	3	1	—

It is to be noted that one of the new cases during the year occurred in a casual who was later transferred to Edinburgh.

The only death from Non-Pulmonary Tubercle was a case notified posthumously who died in Carlisle Infirmary.

One death from Pulmonary Tuberculosis took place at a mental Hospital outside this district and non-notified, and this patient presumably developed the disease at that Institution, a disease which is not uncommon among mental patients.

The notification of cases occurring within the town is satisfactory, and it will be observed that the Death Rate for 1938 at 0.7 was lower than the corresponding rate for 1937, viz., 0.9.

The lower rate is caused by a reduction in the number of deaths from Pulmonary Tuberculosis, and it is hoped that the improvement in local housing conditions will materially help towards solving the problem of Phthisis.

The total number of persons on the Tuberculosis Register for Penrith Urban District on 31/12/1938 was 42 as follows :—

MALES.				FEMALES.				TOTAL.
Pulmonary.	Non-Pulmonary.			Pulmonary.	Non-Pulmonary.			
13	...	5	...	18	...	6	...	42

On 31/12/1937 the figures were :—

MALES.				FEMALES.				TOTAL.
Pulmonary.	Non-Pulmonary.			Pulmonary.	Non-Pulmonary.			
13	...	5	...	19	...	5	...	42

The ratio of non-notified Tuberculosis deaths to total Tuberculosis deaths is 2 to 7, and one of these non-notified deaths occurred in Carlisle Infirmary, the other at Garlands Mental Hospital.

## APPENDIX II.

## Summary of Causes of Deaths abstracted from local returns in 1938.

Causes.	Under 1										Over 75										
	1-1	2-2	3-3	4-4	5-5	10-10	15-15	20-20	25-25	30-30	35-35	40-40	45-45	50-50	55-55	60-60	65-65	70-70	75-75	Totals.	
Whooping Cough	2	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	2	
Diphtheria	..	..	1	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	1	
T.B. Lungs	..	..	..	..	..	..	..	..	1	..	..	2	1	1	1	..	..	..	..	6	
Other T.B.	..	..	..	..	..	..	..	..	..	..	1	..	..	..	..	..	..	..	..	1	
Cancer	..	..	..	..	..	..	..	..	..	..	..	..	1	2	2	2	4	4	4	19	
Diabetes	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	2	..	1	3	
Cerebral Hæmorrhage, etc.	..	..	..	..	..	..	..	..	..	..	..	..	..	..	1	..	..	3	2	11	
Heart Disease	..	..	..	..	..	..	..	..	1	..	1	..	..	..	2	..	5	5	9	33	
Other Circulatory Diseases	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	1	..	2	1	9	
Bronchitis	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	1	
Pneumonia (all forms)	2	..	..	..	..	..	..	1	..	..	..	..	..	..	..	..	..	1	3	11	
Other Respiratory Diseases	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	1	
Diarrhœa, etc. (under 2 years)	2	..	..	..	..	..	..	..	..	..	..	..	..	..	1	..	..	..	..	1	
Other Digestive Diseases	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	5	
Acute and Chronic Nephritis	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	1	1	..	1	2	
Congenital Debility, premature birth, Malformation, etc.	3	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	3	
Senility	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	7	7	
Suicide	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	1	..	..	..	1	
Other Violence	..	..	..	..	..	..	..	..	..	..	1	1	..	..	..	..	..	..	1	4	
Other Defined Diseases	..	..	..	..	..	1	..	..	1	..	..	..	..	..	..	..	..	2	1	5	
Totals	..	7	2	..	1	..	1	..	1	3	..	3	3	2	7	6	8	17	23	42	126



## APPENDIX IIa.

## Causes of Deaths as given by the Registrar-General.

	Males.	Females.	Total.
Whooping Cough .. .. .	2	..	2
Diphtheria .. .. .	1	..	1
Tuberculosis of Lungs .. .. .	3	4	7
Other Tuberculosis .. .. .	1	—	1
Cancer .. .. .	9	10	19
Other Digestive Diseases .. .. .	2	1	3
Acute and Chronic Nephritis .. .. .	1	2	3
Congenital Debility, Premature Birth, etc.	1	2	3
Senility .. .. .	2	3	5
Suicide .. .. .	1	—	1
Other Violence .. .. .	3	2	5
Other Defined Diseases .. .. .	7	4	11
Ill-defined or not known .. .. .	—	2	2
Diabetes .. .. .	3	1	4
Cerebral Hæmorrhage, etc. .. .. .	1	2	3
Heart Disease .. .. .	20	15	35
Other Circulatory Diseases .. .. .	7	4	11
Bronchitis .. .. .	—	3	3
Pneumonia (all forms) .. .. .	3	3	6
Diarrhœa under 2 years .. .. .	1	1	2
Totals .. .. .	68	59	127

## FACTORIES, WORKSHOPS AND WORKPLACES.

	Inspections.	Written Notices.
Factories .. .. .	35	4
Workshops .. .. .	33	1
Workplaces .. .. .	30	—
	98	5
	Defects Found.	Defects Remedied.
Sanitary Accommodation—		
Insufficient .. .. .	1	1
Unsuitable or defective .. .. .	3	3
Not separate for sexes .. .. .	1	—
	5	4

## PENRITH URBAN DISTRICT COUNCIL.

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ENGINEER AND SURVEYOR'S DEPT.,  
TOWN HALL,  
PENRITH.

### Report of Sanitary Inspector and Surveyor.

*To the Chairman and Members of the Sanitary Committee.*

Mrs. Johnson and Gentlemen,

I have the honour of presenting my second Annual Report for the year ending December 31st, 1938.

#### TABULAR STATEMENT OF WORK OF SANITARY DEPARTMENT DURING THE YEAR :—

Number of Inspections made	...	...	...	...	338
Number of Notices served :—					
(a) Statutory	...	...	...	...	6
(b) Informal	...	...	...	...	32

#### Bakehouses.

Number of Bakehouses on Register	...	...	...	16
----------------------------------	-----	-----	-----	----

All the Bakehouses in the District have been regularly inspected.

During the year the Penrith Co-operative Society have erected a new Bakehouse with modern equipment, and the premises of Messrs. Birkett have been enlarged with installation of new equipment. Both premises have been fitted with adequate sanitary appliances.

#### Food Premises.

All premises for the preparation and sale of food, including meat, fish, fruit, ice cream, etc., have been kept under supervision.

Number of orders for structural and other defects and want of cleanliness	...	...	...	...	3
--	-----	-----	-----	-----	---

**Slaughterhouses.**

Number of Slaughterhouses registered prior to 1890 ...	6
Number of Slaughterhouses registered since 1890 ...	2
Number of inspections for defects and want of cleanliness ... ..	47
Number of notices served with regard to defects, lime-washing, etc. ... ..	Nil

**Disinfection.**

After all cases of Infectious Disease an inspection of the premises affected has been made and the whole of the premises, bedding, etc., have been disinfected.

Number of houses disinfected during 1938 ... ..	50
Number of Public Buildings, Schools, etc., disinfected during 1938 ... ..	2

**Shops.**

Inspections have been made under the Shops Act, 1934, relating to the sanitary accommodation, etc.

**Camping Sites.**

Number of Camping Sites in the District ... ..	1
Number of Camping Sites licensed by Local Authority	Nil
Estimated maximum number of Campers ... ..	6

**Smoke Abatement.**

No statutory action has been taken in connection with smoke nuisance within the Area.

Number of informal notices served ... ..	1
--	---

During the year under review the management of the factory concerned have raised the height of the chimney. The result has been so far satisfactory, though advice has been given from time to time as to the methods of refuelling.

**Swimming Baths and Pools.**

(a) Public—Nil.

(b) Private—Penrith Swimming Club owns a Swimming Pool in the River Eamont.

**Disinfestation—Eradication of Bed Bugs.**

Five cases were dealt with during the year (not in Council owned houses), the wallpaper, etc., being removed and bugs destroyed with the use of pyagra solution by my department.

## Schools.

All the schools have been periodically visited and inspected. The water supplied from the town reservoirs was excellent. Sanitary conditions were found to be excellent with the following exceptions :—

- (1) Trough closets at St. Catherine's School which should be replaced by water-closets.
- (2) Brunswick Road Infants' School.—No separate lavatory accommodation for teachers, who have to use those provided at the adjoining Brunswick Road Girls' School.

## Housing.

Number of new houses erected during 1938 :—

(a) By Local Authority	...	...	34
(b) By other persons	...	...	34

## UNFIT DWELLING-HOUSES.

Inspection of dwelling-houses during the year :—

(1) (a) Total number of dwelling-houses inspected for defects under Public Health or Housing Acts	...	...	...	...	...	...	118
(b) Number of Inspections made for purpose	...						130
(2) (a) Number of dwelling-houses (included under sub-head (1) above) which were inspected and recorded under Housing Consolidated Regulations, 1925 and 1932	...	...	...				49
(b) Number of Inspections made for purpose	...						61
(3) Number of dwelling-houses found to be in a state so dangerous or injurious as to be unfit for human habitation	...	...	...	...			35
(4) Number of dwelling-houses (exclusive of those referred to under preceding sub-head) found not to be in all respects reasonably fit for human habitation	...	...	...	...			84
Remedy of defects without service of formal notice	...						2
Number of defective houses rendered fit as result of informal action	...	...	...	...	...		9



## Action under Statutory Powers during the year :—

(a) Proceedings under Sections 9, 10 and 16, Housing Act, 1936 :—				
(1)	Number of dwellings in respect of which notices were served requiring repairs...	...	...	Nil
(2)	Number of dwellings rendered fit after service of notices :—			
(a)	By Owners	...	...	Nil
(b)	By Local Authority in default of Owners	...	...	Nil

## Proceedings under Sections 11 and 13 of the Housing Act, 1936 :—

(1)	Number of Demolition Orders made in respect of dwelling-houses	...	...	...	2
(2)	Number of houses demolished in connection therewith	...	...	...	23

## Proceedings under Section 12 of the Housing Act, 1936 :—

(1)	Number of separate tenements or underground rooms in respect of which Closing Orders were made	...	...	...	Nil
(2)	Number of separate tenements or underground rooms in respect of which Closing Orders were determined, the tenement or room having been rendered fit	...	...	...	Nil

## HOUSING ACT, 1936—OVERCROWDING.

(a)	(1)	Number of houses overcrowded at end of year	107
	(2)	Number of families therein	107
	(3)	Number of persons affected	643
(b)		Number of new cases of overcrowding reported during the year	11
(c)	(1)	Number of cases of overcrowding relieved during the year	5
	(2)	Number of persons affected	22
(d)		Particulars of cases in which houses have again become overcrowded	Nil
(e)		Any other conditions, etc., etc.	Nil

Under the Housing Act, 1936, "Sanitary defects" include lack of air space or ventilation, darkness, dampness, absence of adequate and readily accessible water supply or sanitary accommodation, or of other conveniences and inadequate paving or drainage of courts, yards or passages (Section 188).

## ABATEMENT OF OVERCROWDING—HOUSING ACT, 1935.

A dwelling-house shall be deemed for the purpose of this Act to be overcrowded at any time when the number of persons sleeping in the house either :—

- (1) is such that any two persons, ten years old or more, of opposite sexes, not living together as husband and wife, must sleep in the same room ; or
- (2) is, in relation to the number and floor area of the rooms, in excess of the following :—

(a)	One room	...	...	2 persons
(b)	Two rooms	...	...	3 „
(c)	Three rooms	...	...	5 „
(d)	Four rooms	...	...	7½ „
(e)	Five or more rooms	...	10	„ with an additional two in respect of each room in excess of five.

N.B.—A room of less than 50 square feet is not counted as a room.

## FLOOR AREA OF ROOMS.

(a)	110 sq. feet or more	...	...	...	2 persons
(b)	90 sq. ft. or more but less than 110 sq. ft.			1½	„
(c)	70 sq. ft. or more but less than 90 sq. ft....			1	person
(d)	50 sq. ft. or more but less than 70 sq. ft....			½	„
(e)	Under 50. sq. ft.	...	...	...	Nil

No regard is taken of any room less than 50 square feet floor area. No account is taken of a child under one year of age, but from ages one to ten half a unit is allowed. These tables refer to rooms normally used as living or bedrooms.

It must be noted that Local Authorities providing accommodation for overcrowded persons who are displaced, must, in any replacement house belonging to themselves, treat a house containing two bedrooms as providing accommodation for four persons, three bedrooms for five persons and four bedrooms for seven persons. Here children count as whole persons irrespective of their age.

### Inspection of Food—Milk Supply.

(1) Number of Cowkeepers, Dairymen and Wholesale Purveyors of Milk on Register	... ..	28
(2) Number of Farms used as Dairies registered under the Milk and Dairies Order, 1926	... ..	28
(3) Number of Retail Purveyors of Milk on Register...		18
(4) Number of other premises used as Dairies	...	8
(5) Number of notices served with regard to lime-washing, want of cleanliness or structural defects	... ..	Nil

The samples taken and submitted to the Pathological Laboratory at Carlisle during the year 1938 were as follows :—

(1) Certified Standard T.T.	... ..	12
(2) Accredited	... ..	3
(3) Ungraded	... ..	8

A number of unsatisfactory samples were taken. 4 cases were reported as containing Coliform Bacilli and 6 cases of unclean milk. Appropriate action was taken in each case.

### Water Supply.

The water supply from Penrith is obtained from Lake Hayeswater, some 19 miles out of the town and situated in the County of Westmorland. The water is of excellent quality and frequent tests are made. In order to increase its hardness the water is treated with chalk and is afterwards passed through a battery of four Bell filters at the Hartsop filter station. There are two break pressure tanks, one at Boredale Head and the other at Barton, the latter giving the required head to the four storage reservoirs situated at Beacon Road, Carleton, Fairhill and Maidenhill. Special attention is given to the testing of mains, detection and repairs of leakages. By systematic inspection and repairs the percentage of loss can be reduced to as low a figure as 4.5%. The supply of water at the headworks is more than adequate but the size of the trunk main is only 8 inches in diameter. The supply to the town varies from 400,000 to 450,000 gallons per day, an average of 42.75 to 46 gallons per head per day. The supply was maintained during the year and gave every satisfaction.

### Collection and Disposal of Refuse.

House and trade refuse is collected by the Council's staff, the vehicles used being a 2-ton freighter and a 30-cwt. Thornycroft lorry. Refuse is removed weekly from dwellings and special



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arrangements are made with respect to hotels and larger premises. Wastepaper and cardboard boxes are collected every week by arrangement with the shop keepers and traders. The refuse is tipped upon land owned by the Council, the approximate amount for 1938 being 2,440 tons of house refuse, 175 tons of paper, etc., 375 tons of street refuse and 40 tons of market refuse, a total of 3,030 tons. The paper, cardboard, etc., is dealt with separately. In rough and windy weather it is burnt within a cage formed of wire netting framework, the actual burning being carried out in a concrete fire trench. In calm weather the refuse is burnt near the base of the tip. This is to avoid the possibility of nuisance being caused by the paper being blown across the public road and adjoining fields. I would mention here that in former years complaints have been received by the Council, but since the erection and use of the wire cage, and during the whole of the year under review, no complaints were received and no case of nuisance occurred.

### Sewerage.

The sewerage of the District is dealt with by gravitation, the main outfall discharging into the Works at Whinfell, about 3 miles out of the town and in the County of Westmorland. In 1937 the Council embarked on a scheme for

- (a) laying a new storm overflow to relieve the existing sewers during times of severe storms.
- (b) the reconditioning of the Works by the erection of four new filters, humus tanks, sludge pumping plant, with all necessary new outfall sewers, sludge mains, etc., in connection therewith ;
- (c) the laying of subsidiary stormwater sewers at several points in the town to relieve the existing sewer at these points.

By the end of 1938, stages (a) and (b) were completed and the sewage Works functioning under new and improved conditions. It was found that a certain amount of sludging occurred on the filters and upon investigation it was found that the battery of four settling tanks had been altered some years ago in such a manner as to cause them to function as one unit. By reducing the height of the containing walls and carrying out certain minor alterations, the tanks were again brought back to their original purpose, *i.e.*, to work in series, and the result has been most satisfactory. The filters are now working most efficiently and a satisfactory effluent is passing from the humus tanks to the river.



### **Housing.**

During the year a further 34 houses were erected at Raiselands Croft, bringing the total to 84 houses on this estate.

### **Inspection of Food, Shops, etc.**

During the year periodical inspections were carried out at the various dairies, milk shops, bakehouses, butchers' premises, etc., in the district. In no case was there any serious defect met with, and in most cases conditions were found to be satisfactory. Samples of milk were taken from time to time and submitted for analysis, appropriate action being taken where necessary.

### **Penrith Abattoir.**

During the year under review, the Council decided to meet the pressing need for a central slaughterhouse by the erection of a new Abattoir at Dalemain Road. There were four suggested sites :—

- (1) Dalemain Road.
- (2) Myers Lane.
- (3) In the vicinity of Frenchfield, Appleby Road.
- (4) Redhills, Dalemain Road.

The three latter sites were abandoned on the grounds of :—lack of sewerage facilities in the case of (4), the difficulty and excessive cost of providing satisfactory sewerage facilities in the case of (2), distance from town and excessive cost of water supply in the case of (3). The Dalemain Road site was considered particularly suitable as, apart from the availability of all requisite services, the site adjoins the main L.M.S. railway and facilities can be given at a later date, if and when required, for a railway siding at the rear of the building, so that the Abattoir can be served equally by road and rail. At the end of 1938, the Abattoir was under construction, considerable progress having been made.

In conclusion, I wish to express my appreciation of the valuable assistance given me in the execution of my duties by the Chairman, the Chairmen of the various Committees, the Clerk and the Medical Officer of Health.

Your obedient servant,

T. F. SIMMONDS, M.I.M. & Cy.E., M.R.S.I.,  
F.I.A.S.,  
*Surveyor, Sanitary Inspector and Water Engineer.*





